

### **Abstract**

The invention relates to a shoe or footwear item comprising a sole consisted of an outer face which is intended to come into contact with the ground and an inner face which is intended to come into contact with the foot of the user. According to the invention, the sole includes a dynamic support element which comprises at least two elastically-deformable elements and which is used to store and release energy when said sole is subjected to later stresses. The dynamic support element is positioned in the sole such that it expands at least partially beneath the area corresponding to the front part of the foot. In this way, a dynamic interaction is produced between the two elastically-deformable elements when the sole is subjected to stresses and two corresponding lateral ground support points are obtained, which are located on either side of the longitudinal axis of the shoe.